



Sclerotherapy Pre & Post Care

Pre-Treatment Instructions

- Avoid aspirin or related products (i.e. Motrin, Advil, Aleve), non-steroidal anti-inflammatory drugs (i.e. arthritis medication), or non-essential herbal medications for seven days prior to treatment as this may increase bruising.
- **Bring compression socks or hose to wear** when you leave the office and for up to two weeks after treatment. We recommend thigh-high or pantyhose style with 20 to 30 Hg compression.
- Do not drink alcoholic beverages or smoke for two days before treatment.
- Do not shave or use depilatories on legs the day of treatment.
- Discontinue use of an artificial tanner at least one week prior to treatment.
- Shower and thoroughly wash your legs prior to treatment.
- Do not apply lotion to your legs on the day of treatment.
- Mild muscle cramping is common. Tylenol can be taken if necessary.
- Be sure to have loose-fitting clothing and comfortable walking shoes with you.
- If you have any questions, please ask your provider prior to the procedure.

Please review these Sclerotherapy Post-Treatment Instructions. Failure to follow these instructions may impact the results of your treatment. Thank you!

Post-Treatment Instructions

- Take a 30 to 60-minute walk shortly after treatment. Walk 20 to 30 minutes a day for two weeks.
- Remove cotton balls and tape the next morning.
- Apply compression stockings immediately following the treatment, sleep in them 1 night, and wear them during the day as much as possible for seven to 14 days to improve blood flow in the legs and keep the treated vessels flattened. **Compression stockings are critical to the success of treatment.**
- Avoid prolonged heat exposure (hot tub, tanning beds, etc.) running or jogging, high-impact aerobics, and long periods of sitting or standing still.
- Avoid blood thinners (i.e. aspirin, ibuprofen, fish oil, vitamin E) for three to four days following the procedure. Ask your doctor first if these are prescribed.
- Do not drink alcoholic beverages or smoke for two days as this may impair healing.
- Do not shave your legs for three to four days.
- Veins often temporarily become discolored as they heal. They may appear purple, darker red, or brown. Sun or tanning bed exposure worsens discoloration and may cause this to last longer or become permanent. Avoid sun exposure until treated areas return to your normal skin tone.
- Some people develop a firm lump in a vein that may appear purple through the skin, usually within two weeks after treatment. This is a non-dangerous, superficial accumulation of trapped blood that can easily be treated in the office. Please make an appointment to be evaluated.
- Expect veins to look worse before looking better in approximately 4 weeks.

If you have any questions regarding your treatment, please call our office at (530)559-8558. Thank you!

Best,

Glo Med Aesthetics